

# Michelle L Rose

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## OBJECTIVE

To obtain a position in a restaurant where my skills, interests and enthusiasm can make a significant contribution daily. I am a dedicated and driven culinary professional desiring a challenging and rewarding position that enhance a thriving and dynamic work environment.

## HIGHLIGHT of SKILLS

- Experienced team leader who takes immense pride in delivering quality work and service
- Capable of correctly using a range of commercial food service equipment
- Knowledge of health and safety codes and regulations
- Able to work calmly in a fast-paced, intense environment
- Works and collaborate easily with co-workers and able to work independently
- Highly reliable self starter; can be counted on to complete assignments and meet deadlines
- Physically strong and able to lift up to 50 lbs regularly

## WORK EXPERIENCE

**Culinary Trainee**      **Saint Vincent de Paul, Oakland**      **10/13 to Present**

- Assisted in preparing and serving 700 meals daily for Saint Vincent de Paul Alameda's Dining Room.
- Participated in producing menu items for catering, special events and contract menus
- Experienced at cooking methods including grilling, roasting, braising, and sautéing
- Practiced food (time and temperature control) safety standards
- Skilled in proper kitchen safety including sanitation of food prep, work stations, utensils, dishware
- Acutely aware of the proper cooling and cooling down temperate for food while strictly adhering to all safety regulations.

### In Home Care/

## **Self Employed**

02/07 to 7/14

- Monitored patient condition by observing physical and mental condition, intake and output, and exercise
- Supported patients by providing housekeeping and laundry services; shopped for food and other household requirements; prepared and served meals and snacks; running errands
- Assisted patients with personal services including dressing, and grooming
- Maintained a safe home environment in compliance with the home care rules & policies
- Provided companionship and protective supervision as needed
- Correctly operated all foodservice equipment and
- Followed proper food handling procedures in preparing and serving menu items
- Communicated with other staff and customers in a courteous and professional manner
- Completed daily/weekly inventory sheets and restocked food and household supplies

## Retail /Service Salon Manager

08/99 to 9/04

- Excellent customer services skills ; experience working with diverse group
- Inbound and outbound calls processing customer request ,complaints, troubleshooting
- Monitored daily weekly and monthly revenue reports to increase retail and service sales goals

## EDUCATION & CERTIFICATION

**Kitchen of Champions Culinary Program, Oakland  
Sacramento City College  
Far West High School**